

Carries out tasks and moves between activities, even when challenging, with minimal distress.

Activity: Play a simple version of hide-and-seek by showing baby a toy as you hide it under a blanket or behind your back. Raise your hands and ask “where did it go?” Give baby a few seconds to find the toy. If they start to become stressed, show them where the toy is, “oh look, it’s right here under your blanket!”

Why: When items are out of your baby’s sight, they may seem gone forever or difficult to locate. Playing this game will help them learn that items out of your sight are still there, and it will make leaving items or activities behind less stressful.

Activity: Gently take a favored toy from baby and place it just out of reach. Encourage her to crawl or scoot towards it. Praise her as she reaches the toy and let her play with it for a few moments, then move it again.

Why: Encouraging baby to scoot and crawl help lead to walking as they work on coordination and learn they can move across a room by themselves. This activity is also a good way to practice persistence and overcoming obstacles in a low stress setting.



Activity: Watch your baby for cues about his favorite toys. Help him explore other toys by placing them a little closer, but don’t let him get too stressed reaching for his favorite. Move it closer to his reach if needed. If your five-month old is trying to roll over, hold his favorite stuffed animal beside him so he reaches over his body to grab it.

Why: People are more willing to learn about what interests them. The same is true for babies. Use their favorite toys to encourage him to try different ways of reaching for them.